

NOX

Dental Splint



CARE AND MAINTENANCE GUIDE

NOX is a custom-designed and made dental appliance to protect your teeth and jaw joint.

Its purpose is to stabilize tooth occlusions, relief of the TMJ, comfort the chewing muscles and finally prevent the abrasion of teeth in cases of bruxism.

Wear your dental appliance at night or as instructed by your dental practitioner.

Brushing and flossing your teeth will ensure overall good oral hygiene. Bring your appliance to every dental appointment, so the condition can be checked.



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What to expect

- You may feel tightness at first, but that should diminish within a few days.
- You might experience mouth dryness or an increase in saliva for a day or two.
- You may have some jaw pain from wearing the appliance, but it should ease quickly once the jaw becomes used to it.
- Your speech could be affected for some time as the tongue adjusts to the new position.
- You may notice your teeth feeling different when you remove the appliance, due to the relaxation of your jaw muscles.

Care and Maintenance

- Clean your appliance daily before and after use with a mild detergent and a soft bristle brush and rinse it well in lukewarm water.
- For periodic maintenance, you can use mouth wash or any other cleaning agents that are specifically designed to remove debris and bacteria from dental appliances.
- Ensure your appliance is clean & dry before you store it in the provided case.

Cautions

- Do not soak your appliance in any liquid for more than 1 hour.
- Do not wash or soak in water hotter than 45°C / 113°F.
- Do not wear while eating or drinking.
- Do not use abrasive cleaning agents (i.e. toothpaste).
- Do not wear the appliance during sport activities.
- Do not leave in direct sunlight or on any hot surface.